

## Section 5 - Survive

**Basic Lifesaving Steps  
Immediate Steps***Ref AFH 36-2218, Vol 1 & 2*

When a person is injured:

- Establish an open **Airway**
- Ensure **Breathing**
- Stop bleeding to support **Circulation**
- Prevent further **Disability**
- Place dressing over open wounds
- Immobilize neck injuries
- Splint obvious limb deformities
- Minimize further **Exposure** to adverse weather

**Shock**

*Symptoms:*

- Confusion
- Cold, clammy skin
- Sweating
- Breathing shallow, labored, and rapid
- Rapid pulse

*Treatment:*

- Keep airway open
- If unconscious, place on side and monitor airway
- Keep the person calm, warm, and comfortable
- Elevate lower extremities
- Seek medical attention immediately



### Common Injuries

**Always observe and treat for Shock**

#### Abdominal Wound

- Treatment:*
- ➔ If organs are outside body...
  - Do NOT replace organs into the body**
  - ➔ Cover exposed organs with moist clean dressing
  - ➔ Secure with bandages

#### Bleeding

- Symptom:*
- ➔ Obvious External Bleeding
- Treatment:*
- ➔ Apply direct pressure with hand; use a dressing if available
  - ➔ Elevate the extremity if no fractures are suspected
  - ➔ Use pressure points to control bleeding
  - ➔ Do NOT remove dressing
  - ➔ Add more dressing over old if needed

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### TOURNIQUET

The last resort to stop bleeding. Use to save life at possible loss of limb

1. Place 1" wide constricting band around arm or leg to stop severe bleeding
2. DO NOT use wire or shoe strings
3. Place band 2-4 inches above injury if possible
4. Tighten band enough to stop bleeding **and no more**
5. Once in place do not loosen or remove
6. Leave tourniquet area exposed for quick visual reference
7. Mark time and letter "T" on casualty's forehead (ink or blood)

**Remember-Never use a tourniquet unless there is danger to life**

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#### Eye Injury

- Symptom:*
- ➔ Obvious pain or injury
- Treatment:*
- ➔ Do **NOT** remove any impaled objects
  - ➔ Dress around object to secure it
  - ➔ Apply bandage lightly to **BOTH** eyes
  - ➔ Do not leave patient unattended

## Section 5 - Survive

### Always observe and treat for Shock

#### Chest Wound

##### Symptoms:

- ➔ Sucking noise from chest
- ➔ Frothy red blood from wound

##### Treatment:

- ➔ Look for entry and exit wound
- ➔ Cover holes with airtight seal (tin foil, ID card)
- ➔ Tape down 3 sides, leave bottom uncovered
- ➔ Allow victim to assume position for easiest breathing

#### Fractures

##### Symptoms:

- ➔ Deformity, bruising
- ➔ Tenderness over a specific part of body
- ➔ Swelling and discoloration

##### Treatment:

- ➔ **DO NOT** straighten limb
- ➔ If in doubt, splint injury-where they lie if possible
- ➔ Splint joints above and below injury
- ➔ Remove clothing from injured area
- Not in a Chemical Environment**
- ➔ Remove rings from fingers, if possible
- ➔ Check pulse below injury-away from heart to determine if blood flow is restricted

#### Spinal/Neck/Head Injury

##### Symptom:

- ➔ Lack of feeling and/or control anywhere below neck

##### Treatment:

- ➔ If conscious, caution victim not to move
- ➔ Check airway without turning head
- ➔ Immobilize the head and neck

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#### If Victim Must Be Moved:

- ➔ Use hard surface for litter (door, cut lumber, other)
- ➔ Use as many people as needed to place victim on litter
- ➔ One person must immobilize the head and neck
- ➔ Turn whole body together, as a unit

**Do NOT Bend Spinal Cord or Rotate Head and Neck**

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### Heat Injuries

#### Heat Cramps

##### *Symptoms:*

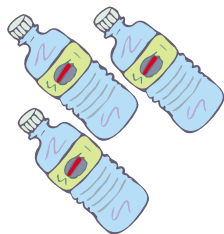
- ➔ Spasms, usually in muscles or arms
- ➔ Results from strenuous work or exercise
- ➔ Loss of salt in the body
- ➔ Normal body temperature

**Drink lots  
of water!**

#### Heat Exhaustion

##### *Symptoms:*

- ➔ Cramps in abdomen or limbs
- ➔ Pale face
- ➔ Dizziness/faintness/weakness
- ➔ Nausea or vomiting
- ➔ Profuse sweating or moist, cool skin
- ➔ Weak pulse
- ➔ Normal body temperature



##### *Treatment:*

- ➔ Treat for shock
- ➔ Lay person down in cool area
- ➔ Loosen/open clothing
- ➔ Cool body by sprinkling with cool water or fanning (not to point of shivering)
- ➔ Give victim cool water to drink if conscious
- ➔ Seek medical attention

#### Heat Stroke

##### *Symptoms:*

- ➔ Headache
- ➔ Dizziness
- ➔ Red face/skin
- ➔ Hot, dry skin (no sweating)
- ➔ Strong, rapid pulse
- ➔ High body temperature (hot to touch)

**Life Threatening**

##### *Treatment:*

- ➔ Lay person in cool area
- ➔ Loosen/open clothing
- ➔ Cool body by sprinkling with cool water or fanning (not to point of shivering)
- ➔ Give cool water to drink if conscious-Add two teaspoons of salt to one canteen if available
- ➔ Seek immediate medical attention
- ➔ Treat for shock

## Section 5 - Survive

**Burns**

Burns may be from heat (thermal), electrical, chemical, or radiation. Treatment is based on depth, size, and severity (termed degree of burn).

**ALWAYS TREAT FOR SHOCK AND SEEK MEDICAL ADVICE**

**Thermal/First Degree**

*Symptoms:* ➔ Skin reddens (sunburn-like) - Painful

*Treatment:* ➔ Stop the burning process  
➔ Apply cool water to affected area

**Thermal/Second Degree**

*Symptoms:* ➔ Skin reddens with blisters - Very painful

*Treatment:* ➔ Stop the burning process  
➔ Apply cool water to affected area  
➔ DO NOT break blisters  
➔ Apply dry dressing to affected area

**Thermal/Third Degree**

*Symptoms:* ➔ Charred or whitish looking skin  
➔ May burn clear to the bone  
➔ Burned area not painful but area around burn very painful

*Treatment:* ➔ Stop the burning process  
➔ Do not remove clothing adhered to burned area  
➔ Cover with a dry dressing

**Electrical Burns**

- ➔ Ensure power is off
- ➔ Look for entry and exit wound
- ➔ Treat burned area

**Chemical Burns**

- ➔ Flush with large amount of water
- ➔ Flush eyes for at least 20 minutes
- ➔ Brush off visible contaminants
- ➔ Keep phosphorous burns covered with a wet dressing (prevents air from activating the phosphorous)

### Cold Injuries

#### Hypothermia

##### Symptoms:

- Body is cold under clothing
- May appear confused
- May appear dead

##### Treatment:

- Move to a warm place
- Remove wet clothing
- Put on warm clothes or wrap with dry blanket
- Do NOT rub body parts
- Do NOT give or consume alcohol

#### Frostbite

##### Symptoms:

- Skin has white or waxy appearance
- Skin hard to touch

##### Treatment:

- Move to warm place
- Rewarm affected area in warm water 104-108° F (40° C) for 15-30 minutes (NOT hot water)
- Cover with several layers of clothing
- Do NOT rub affected area
- Seek medical attention immediately

### Emergency Life-Saving Equipment

The key to self-aid and buddy care is improvising when you don't have the equipment you need.

Shirts	=	Dressings/Bandages
Belts, Ties	=	Tourniquets, Bandages
Towels, Sheets	=	Dressings/Bandages
Socks, Panty Hose, Flight cap	=	Dressings/Bandages
Sticks or Tree Limbs	=	Splints
Blankets	=	Litters, Splints
Field Jackets	=	Litters
BDU Shirts	=	Litters/Splints
Ponchos	=	Litters/Bandages
Rifle Sling	=	Bandages
M-16 Heat Guards	=	Splints